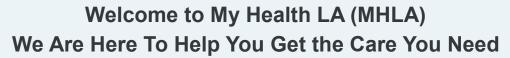
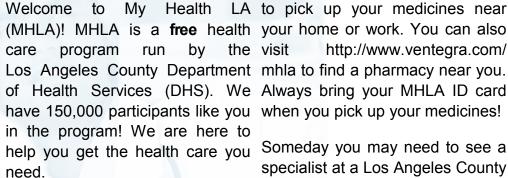


## **My Healthy News**

MHLA Participants' Newsletter





check-up even if you feel well. at DHS. Please **MHLA** Member call Services at 1-844-744-6452 if you have questions.

Your medicines are free with the Your Medical Home Clinic may have a pharmacy or dispensary inside of their clinic or a pharmacy that they like to work with. If you want to find a MHLA pharmacy closer to your home or work, call Ventegra at 1-854-444-7757. MHLA works with Ventegra to provide medicines patients. Tell Ventegra you want

My Health LA to pick up your medicines near (MHLA)! MHLA is a free health your home or work. You can also the visit http://www.ventegra.com/ Los Angeles County Department mhla to find a pharmacy near you. of Health Services (DHS). We Always bring your MHLA ID card have 150,000 participants like you when you pick up your medicines!

specialist at a Los Angeles County DHS hospital or clinic. Specialists When you enrolled, you chose a are doctors that are trained to help Medical Home Clinic. At your you with a very specific health Medical Home Clinic, you can talk issue. When you go to DHS, they to someone you trust and get the will ask you for your ID and may care you need. You don't have to ask you to apply for other health be sick to use MHLA. It is a good care programs. This is a normal idea to see your doctor for a part of the process of getting care

With MHLA, you can also get help with any mental health substance abuse treatment service that you need. Talk to your MHLA program! You have many doctor or call the phone numbers options to get your medicines, on the back of your ID card to get any of these services.

> At MHLA, we understand the importance of your privacy. We do not report your MHLA participation to the United States Citizenship **Immigration** and (USCIS) Services or law enforcement. Thank you for enrolling in MHLA!



## See Your Doctor at Your Medical Home Clinic Even If You Are Well!

Regular visits to your doctor are important to your well-being. You want regular check-ups to make sure you are staying healthy. You want to make sure your health problems do not get worse.

You want to be strong and independent. You want to be able to healthily spend time with your loved ones for a very long time. You also want your loved ones to be able to do the same.

Your doctors and nurses at your Medical Home Clinic can help keep you healthy. But to do this, they have to see you! Even if you are feeling well, it is important to see your doctor every year or two.

Call your Medical Home Clinic to schedule your next doctor's appointment. At MHLA, you have a right to get a doctor's appointment within 21 days if you do not have an urgent medical issue. If you are sick or need to be seen right away, you can get an appointment within 96 hours of asking for it.

If you have any problems getting in to see your doctor in this time frame, or are being asked to wait a long time, please call MHLA Member Services at 1-844-744-6452.



Department of Health Services-Managed Care Services 1000 South Fremont Avenue, Bldg. A-9 East, 6th Floor, Unit #92 Alhambra, CA 91803



Happy holidays from all of us at My Health LA!

## Your Access to Safe Durable Medical Equipment—Canes, Walkers, & More

If you have a serious injury or illness, your doctor Home Clinic. If your doctor feels that you need DME, may prescribe "Durable Medical Equipment" (DME) it should be at no cost to you. They may give you a for you. You may be prescribed a cane or a walker prescription for your DME, or they may give you a to help you walk or maybe blood-sugar monitoring new or a used DME at the clinic. equipment to be used at home.

DME is meant to be used at home, once you leave make sure the DME you get is safe for you. When your Medical Home Clinic. Your DME may be canes, crutches, walkers, asthma nebulizers, soft braces, or equipment to monitor diabetes. These are all FREE return it to in the MHLA program.

If you need DME, talk to your doctor at your Medical

Whether you get new or used DME, your doctor will

you no longer need your DME, please Medical Home Clinic someone that else can use it.

My Healthy News Visit us online at: http://dhs.lacounty.gov/mhla

**Amy Luftig Viste Program Director Daisy Nip** Newsletter Editor

